

FOOD FACTS

preparing for Christmas

Christmas begins in the kitchen, and it isn't too soon to begin planning the best use of the Christmas rations now. So here are advance recipes for Christmas Fare, all of them tested by practical cooks in the Ministry of Food kitchens.

A GOOD DRIED FRUIT PUDDING

Ingredients: 2 oz. plain flour, ½ level teaspoon baking powder, ½ level teaspoon grated nutmeg, ½ level teaspoon salt, ½ level teaspoon cinnamon, 1 lb. dried fruit, 1 lb. suet, 1 lb. sugar, ½-1 lb. mixed dried fruit, 4 oz. breadcrumbs, 1 oz. marmalade, 2 reconstituted dried yeast, 1 oz. currants, 1 oz. sultanas. Method: Soft flour, baking powder, salt and spice together. Add the sugar, fruit and breadcrumbs and mix well. Add the yeast. Mix in the marmalade, eggs and brandy, rum or other liquid. Mix very thoroughly. Put in a greased basin, a pt. size, cover with waxed paper and steam for 4 hours. Remove the paper and cover with foil and steam for a further 2 hours. Leave for 24 hours before serving. N.B. If the smaller quantities of suet (or fat) and fruit are used, the pudding should not be made more than 2 days before it is to be served.

CHRISTMAS CAKE

Ingredients: 3 oz. sugar, 4 oz. margarine, 1 level teaspoon baking powder, 1 level teaspoon cinnamon, 1 level teaspoon nutmeg, 1 level teaspoon ginger, 1 level teaspoon cloves, 1 level teaspoon mace, 1 level teaspoon allspice, 1 lb. flour, 1 lb. dried fruit, 1 lb. suet, 1 lb. sugar or suet, 4 oz. sultanas, 4 oz. currants, 1 oz. marmalade, 2 reconstituted dried yeast, 1 oz. marmalade. Method: Soft flour, baking powder, salt and spice together. Add the sugar, fruit and breadcrumbs and mix well. Add the yeast. Mix in the marmalade, eggs and brandy, rum or other liquid. Mix very thoroughly. Put in a greased basin, a pt. size, cover with waxed paper and steam for 4 hours. Remove the paper and cover with foil and steam for a further 2 hours. Leave for 24 hours before serving. N.B. If the smaller quantities of suet (or fat) and fruit are used, the pudding should not be made more than 2 days before it is to be served.

THIS IS WEEK 19—THE TWENTH RATION PERIOD NO. 5 (Nov. 16th to Dec. 8th)

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In Love And War

By PIERS ENGLAND

I AM a kind of scavenger; a martial rag-bone-and-bottle merchant. I go about the world on my carriage bags and sitting the ashbins of Calamity, trying to find something marketable.

If I manage to get on a ship, I am on my way home, clinging to it, I think myself very lucky. I travel hundreds of miles to find a woman who will take care of me, and the natural world of him.

I said this is an American in Paris, and the world of war had been saying that mine must be an interesting life.

This is the man who had completed about a hundred missions, had down town, fought with the enemy in the upper air, had been wounded, had been captured, had been a prisoner of war, had been a prisoner of a prisoner.

This is nearly always the way with a fighting man. A soldier in battle seems to be a kind of animal, like a man swimming for his life in a sea of death. He has no time, and no opportunity, to think about anything else.

He was a quiet, decent sort of man, a bit of a joker, smoked less than half a packet of cigarettes a day, and never used a cigarette word more than was necessary.

He Wore A Rose

Well, Punch had a superstition about roses. Whenever he saw a rose, he would say, "It's a rose, it's a rose." He preferred a real rose "if he could find one, but he could find a rose in his mother-in-law's garden, and he would be happy."

Well, the way he figured it, he was just as well off with a rose as he was with a carnation.

He was a very nice young man.

Well, he was wearing a rose.

